

Detox Green Juice

Serves 2

Ingredients:

- 1 Green Apple
- 150g Baby Spinach
- 1 Cucumber
- ½ Lemon
- 1 Large stalk of Celery
- 1 inch piece of fresh Ginger

Instructions:

1. When preparing the fruit, please refer to your juicer instructions on the recommended size of pieces.
2. Rinse, chop and remove the very core of the apple. Rinse the cucumber, leave skin on if thin or peel if it has a thick skin. Peel the lemon, leaving the pith which contains mainly nutrients, discard the seeds. Wash the celery and baby spinach where necessary, but try not to incorporate too much extra water into the recipe.
3. Put all ingredients into the juicer, alternating the harder items with the soft spinach so that it juices most effectively. This will produce a lovely vibrant green juice with a citrus and ginger tang.
4. The juice is best enjoyed whilst fresh, but may be refrigerated and consumed the next day. This way you can also look at making a larger batch.
5. Feel free to adjust the quantities according to your own preferences. If you would rather have a sweeter juice, just add more apple.

Did You Know?

Green apples are bursting with wonderful antioxidants which help to slow down the ageing process by defending the skin against damaging free radicals. It's also a natural chemical exfoliator, brightens and tones the skin with minimal risk. Perfect for those with sensitive skin.

